



CANTALOUPE CRUSH

Total time: 5 minutes

Serves: 4

INGREDIENTS:

- ½ cantaloupe
- 1 cup fat-free (skim) milk
- 1½ cups ice
- Sweetener as needed (about 1 to 2 tsp sugar or equivalent of other sweetener)

DIRECTIONS:

1. Cut cantaloupe into small cubes or thin strips.
2. Mix cantaloupe, milk, and ice in a blender until smooth.
3. Sweeten to taste. Serve.